

FOR IMMEDIATE RELEASE

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Culture of Wellness Conference Targets Health Professionals and Clinics

Ten Continuing Education Credits Available

Lincoln – An innovative conference for physicians and health care professionals will be held May 17 and 18 at the Lied Lodge in Nebraska City. The theme is Creating a Culture of Wellness in Healthcare Settings and the event is sponsored by the Nebraska Department of Health and Human Services, the Nebraska Medical Association, and Nebraska Methodist College.

"This conference will be unique because the focus will be on celebrating and enhancing the physical activity, nutrition, and stress management of health care professionals," said Dr. Joseph Acierno, Chief Medical Officer and Director of Public Health for the Nebraska Department of Health and Human Services. "Health professionals' commitment to patient care may disrupt their own healthy habits, and this conference will provide practical tips and inspiration, including methods to build a clinic workplace wellness program."

Key speakers include Dr. Edward Phillips from the Institute for Lifestyle Medicine at Harvard Medical School, who has been providing sold-out wellness courses in Boston for many years. Dr. Jeremy Lazarus, a psychiatrist and President of the American Medical Association, will speak on Managing Stress, Achieving Balance, and Preventing Burnout for Healthcare Professionals. Matt Davison, former star Husker athlete and current Husker broadcaster, will close the conference with a presentation on wellness leadership.

Another key speaker is Dr. Dan Anderson an expert in weight control, exercise and wellness. Dr. Anderson, an M.D., Ph.D. at the University of Nebraska Medical Center, will speak about Diet and Exercise as Medicine for the Whole Body: An Uncensored View. He points out that health care providers are role models for their patients, family, friends and colleagues. Although he notes that people, even health care professionals, falter at times in their wellness habits, that's okay because they then have an opportunity to regroup and refocus.

Dr. Wade Fornander, a Faculty Physician with the Lincoln Family Medicine Program and Clinic Director for the Lincoln Family Medicine Center, has been one of several physicians on the conference planning committee. He

emphasizes how exercising and eating a healthy diet makes his day more productive, reduces stress, improves his thinking, and makes him a better husband, father, and physician.

The conference will provide ten continuing education credits for a variety of health professions. Additional conference information is available at www.dhhs.ne.gov/WellnessConference2013.

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